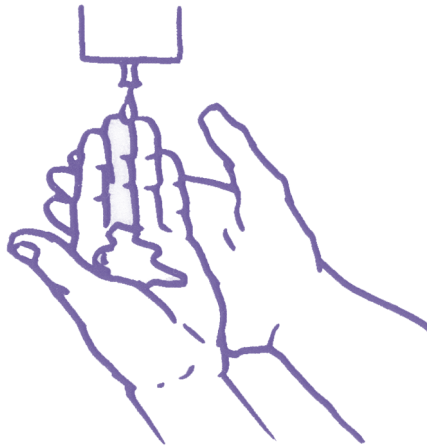


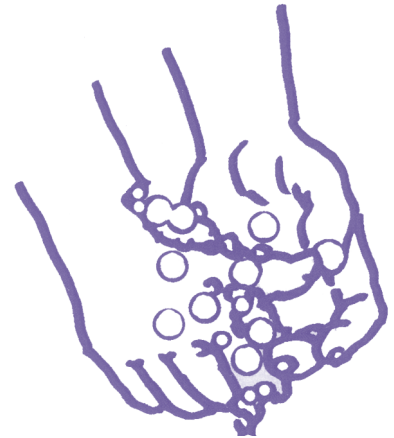
WASH YOUR HANDS!



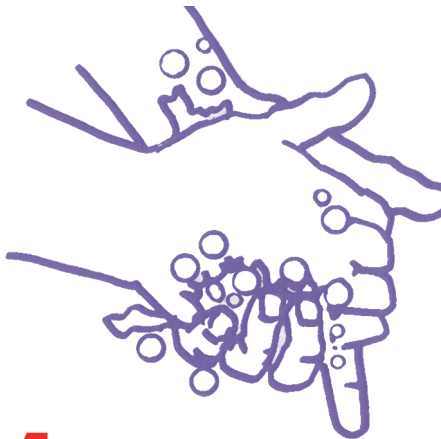
1. Start with warm water or hot water.



2. Use soap and make a lather.



3. Rub and scrub thoroughly for 20 seconds.



4. Scrub palms, back of hands, between fingers and under fingernails.



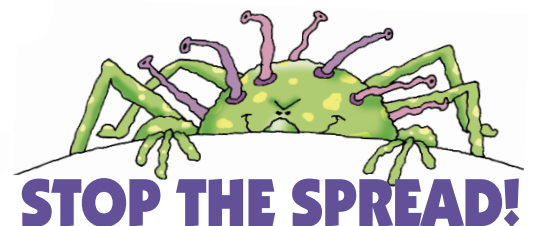
5. Rinse well, and then use a paper towel to shut off the faucet.



6. Dry hands completely.

WHEN SHOULD I WASH MY HANDS?

- Before and after preparing or eating food
- During your illness
- After blowing your nose, coughing or sneezing
- After using the bathroom



Baltimore City Health Department
<http://www.baltimorehealth.org>
Call 311 for more information.